

Name

Class

Tutor  
Group

# Year 9 – Personal Development

## RSE: Intimate Relationships



### KEY VOCABULARY LIST

<b>Ground Rules</b>	Boundaries that a class sets at the start of a Personal Development lesson
<b>Intimacy</b>	Close, familiar, and often affectionate or loving personal relationship with another person or group
<b>Assertiveness</b>	Behaving in a clear, direct and confident way
<b>Consent</b>	When someone agrees by choice and has the freedom and capacity to make that choice
<b>Orgasm</b>	The moment of greatest pleasure and excitement in sexual activity
<b>STI</b>	Sexually transmitted infection

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# EXPECTATIONS

- Always write in black or blue pen.
- Always use a ruler for straight lines.
- If you make a mistake, cross it out with a single line.
- Always draw diagrams, tables and graphs in pencil with a ruler if necessary.
- Always mark and correct your work in green pen.
- Respond to any feedback your teacher gives you in green pen.
- Take pride in your work, make it neat!
- All tasks should be completed in silence and by yourself unless your teacher tells you otherwise.

# What is Personal Development?

In Personal Development lessons you will be taught about three key topics. These include:

- **Health and Wellbeing** (E.g. Healthy eating, mental health, puberty and self examination)
- **Relationships** (E.g. Healthy relationships, respect for others, consent and sexual harassment)
- **The Wider World** (E.g. The law, citizenship, anti-discrimination, finance and careers)

Sometimes these lessons are called **PSHE**. This stands for **Personal, Social, Health and Economic Education**.

In Personal Development, you will learn about **British Values**. These are:



1. Democracy
2. Rule of Law
3. Tolerance of different cultures and religions
4. Mutual respect
5. Individual liberty

In Britain, our **British Values** are protected in the law. In Personal Development, you will learn to recognise **protected characteristics** which are part of the **Equality Act 2010**. This law helps to stop **discrimination** and ensure everyone is treated fairly. There are 9 protected characteristics, these are:



1. Race and ethnicity
2. Pregnancy and maternity
3. Age
4. Disability
5. Sexual orientation
6. Gender reassignment
7. Sex
8. Religion or belief
9. Marriage and civil partnership



# Personal Development – Ground Rules

Some topics in Personal Development may be challenging depending on your own experiences. Therefore, it is important that there are clear **ground rules** for every lesson. Every scholar will follow these in lessons so everyone feels comfortable.

**Class Task:** As a group, agree on your ground rules for Personal Development lessons and write these below. The teacher will refer to these ground rules regularly so that all scholars feel safe and able to share ideas.



## Ground Rules

1	
2	
3	
4	
5	

# Subtopic 1 – Intimacy and respectful relationships

## Learning Objectives

- To consider how to being and develop positive relationships
- To be able to assess readiness for intimate relationships



Silent and Solo

**Do Now: Answer the questions below**

1. What is peer pressure?

2. What are 3 reasons why someone might join a gang?

3. What is a nuclear family?

4. What are 3 signs of a healthy relationship?

5. What are the 5 British Values?

**Task 1:** The following are posts to an online advice forum. Read through and write a response to each post.

**a.** My friend doesn't think people ever get to the point where they feel fully ready to have sex for the first time, so there is no point in waiting for that. Are they right? **Lilz20**

**b.** My friend says you need to get your date to drink lots of alcohol as it's the only way to make sex more relaxed. Is that really a good idea? **Wiltz98**


I want to be in love before I have sex. But everyone keeps talking about keeping it casual and not committing to anyone. Am I wrong to want a proper relationship before having sex? **BoomJT5000**

I don't always have a condom with me when I want to have sex. But that's the guy's responsibility really, isn't it? I've skipped protection before and it was fine. **HeartLife30**




## Beginning new relationships

- 1 Deciding to start a new relationship with someone and begin dating can be an
- 2 **exciting** time. New partners are hit with a **dopamine rush** that make them feel
- 3 exhilarated as they enjoy being in a new **'love bubble'**. Initially, partners might try to
- 4 put on a **show**, trying to perform to impress each other rather than be authentic.
- 5 They might try to act 'cool', avoid complaining, agree to things they might not
- 6 usually want to do or ignore potential **red flags**. However, no-one can keep up an
- 7 act forever. Relationship experts all agree that when beginning a new relationship it
- 8 is important to maintain boundaries, be yourself and speak up when they might feel
- 9 uncomfortable about something. If you feel as if you are performing for a new
- 10 partner all the time or accepting behaviours that you would usually call out, they
- 11 probably are not the right person for you.



**Turn and Talk:** 'Dating as a teenager is more about reputation and status than love'

What do you think?

**Stop and Jot:**


**Task 2:** Read the behaviour and indicate on a scale of 1 (**strongly disagree**) to 5 (**strongly agree**) your level of agreement with this statement

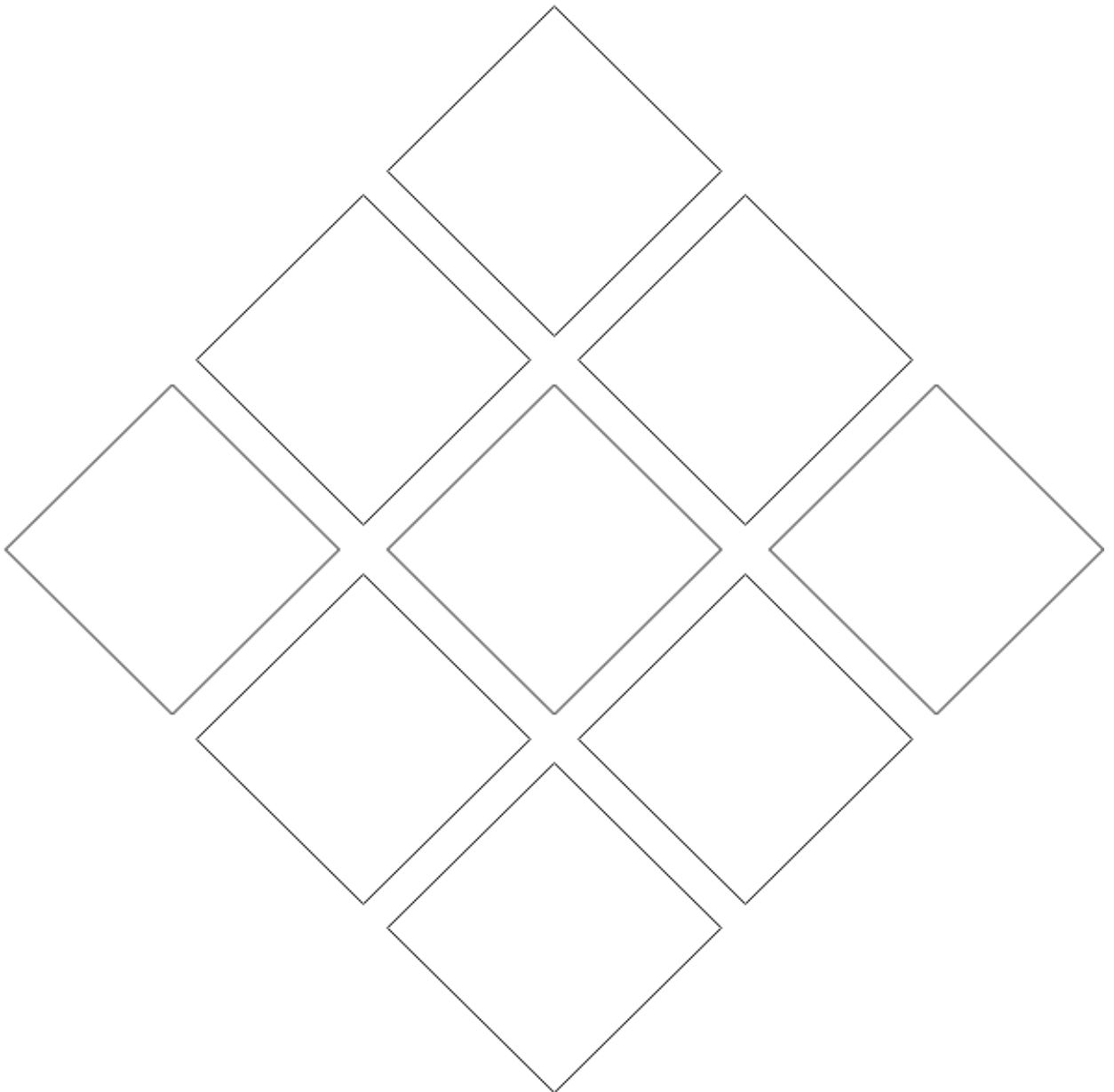
Behaviour	Strongly Disagree		Strongly Agree		
	1	2	3	4	5
1. Pinching someone's bum is ok	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Having sex after a first date is a bad idea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Chat up lines are corny and won't get someone a date	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Telling someone what's great about them, is a good way to start asking them out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Dating more than one person in the first few months of seeing someone is fine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. It's flattering if person keeps asking someone out if they have said no	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Wolf whistling is ok if it's a compliment from someone known to that person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Buying gifts can be a lovely way to show interest in someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Once a person starts sleeping with someone, they should break things off with anyone else they have been dating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>













**Task 4: Ready for sexual intimacy?**

Place the statements on p11 and write them in the diamond 9 shape. At the top should be the one you see as the most important to decide if a couple are ready for sexual intimacy, working towards their 9<sup>th</sup> most important at the bottom of the diamond. There is a blank for you to add you own reason



<p>1. Both people in the couple have friends who have already had sex</p> 	<p>2. The couple have discussed contraception and what they would do in the event of an unplanned pregnancy</p> 
<p>3. The couple are sexually attracted to each other</p> 	<p>4. The couple are married</p> 
<p>5. The couple are committed to each other and have fun together in lots of different (non-sexual) ways</p> 	<p>6. At least one of the couple really wants to have a child</p> 
<p>7. Both people are at least 16 years old</p> 	<p>8. The couple trust each other and are in love</p> 
<p>9.</p> <hr/> <hr/>	

**Reflection:** When does someone know if they are ready for an intimate relationship?

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### Learning Objectives

- To explain what is meant by freedom and capacity to consent
- To know the law about consent and contexts where someone's freedom or capacity to consent have been reduced or removed



Silent and Solo

**Do Now: Answer the questions below**

1. What does 'being assertive' mean?

2. Give an example of a healthy boundary in an intimate relationship

3. What is an informed decision?

4. What is a stereotype?

5. Marriage can only happen between of different sexes? True or False



**Turn and Talk:** The age of consent for sex in the UK is currently 16. Do you think it should be changed? If so, why?

**Stop and Jot:**


**Consent:** A person consents if he/she agrees by choice and has the **freedom** and **capacity** to make that choice.

**Task 1:** What might stop this person from being able to give, not give or withdraw their consent to something?



**Task 2:** Look at your responses to task 1 and categorise them below:

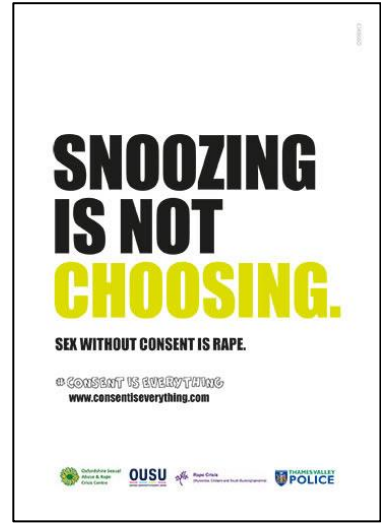
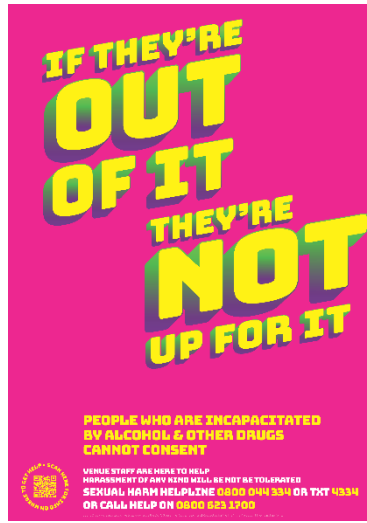
- Which of your reasons are to do with a **lack of choice**?
- Which of your reasons are to do with a **lack of freedom**?
- Why of your reasons are to do with **lack of capacity to consent**?

Lack of choice	Lack of freedom	Lack of capacity to consent





### Meaning of capacity



- 1 In general, capacity is whether a person has the mental skills needed to process and
- 2 make clear decisions; and the ability to understand the meaning, consequence or
- 3 implications of their decision. It is **requirement by law** for a person to have **capacity to**
- 4 **consent** to sex or other sexual activity. Some people are not legally able to give
- 5 consent. These include people who are mentally and/or physically disabled, someone
- 6 who is under the age of 16 and anyone affected by **intoxication** (alcohol, drugs or
- 7 medication). If a person does not have the capacity to consent but still shows
- 8 willingness and gives consent, action upon this can amount to sexual assault or rape.
- 9 If you are not sure it is best to avoid any sexual activity.





**Task 3:** Look at the scenarios below and identify:



1. Which scenarios might be **against the law**?
2. Which scenarios does the person **not have the freedom to consent**?
3. Which scenarios does the person **no longer have the capacity to consent**?


<p>1. Rex and Hannah are at a party, and they are both drinking beers. Rex spikes Hannah's drink with a white powder.</p>	<p>2. Jill knows Amal doesn't really drink much. She comes up with a drinking 'game' to make him drink more and get him drunk faster.</p>
	
<hr style="border-top: 1px dashed black;"/> <hr style="border-top: 1px dashed black;"/>	<hr style="border-top: 1px dashed black;"/> <hr style="border-top: 1px dashed black;"/>

<p>3. Jamie tells Frankie she is single and not seeing anybody else, but this is a lie.</p>	<p>4. Brad tells Ryan if he doesn't have sex with him, he will 'out' him to his friends and family.</p>
	
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<p>5. Jake is nearly 16 and dating Marla, who is nearly 13. Maria and Jake have sex while her parents are out.</p>	<p>6. Trevor has naked photos of Suzy on his phone. He says he will share them with others unless she has sex with him.</p>
	
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<p>7. Jemima and Emile has sex last night. In the morning, Jemima is still asleep but Emile wants to have sex again, so climbs on top of her. She wakes up half-way through.</p>	<p>8. Olu doesn't want to have sex with Lisa yet because she doesn't feel ready. Lisa offers her some drugs hoping this will make her want to have sex.</p>
	
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<p>9. Klaudia knows she has a sexually transmitted infection but she doesn't want to tell Greg about it because she thinks he won't want to have sex with her anymore.</p>	<p><b>Reflection:</b> What is meant by the phrase <b>freedom and capacity to consent</b> and why is it so important?</p>
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<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

## Learning Objectives

- To understand the risks of having sex and how to stay safe
- To describe and explain the variety of contraception available



### Silent and Solo

**Do Now: Answer the questions below**

1. What is the age of consent in the UK?

2. 3 examples of when someone cannot give consent?

3. What is an informed decision?

4. Is an arranged marriage legal?

5. 3 examples of abuse in a relationship

Task 1: Answer the questions below:

Why might someone decide to have sex?	What are the risks of having sex?



### What is sex?

1 Sex is natural, normal and a pleasurable part of any intimate relationships. Sex is  
2 usually awkward and clumsy at first but, like many things in life, people tend to  
3 improve with practice. Sex can mean all types of sexual activity, not just  
4 penetration. When people talk about having sex for the first time, they usually  
5 mean having penetrative vaginal or anal sex. Having sex for the first time is often  
6 referred to as **'losing your virginity'**. However, this is usually code for penetrative sex  
7 and doesn't take into account all the different types of sex that people can have.  
8 There are lots of different ways to be sexually intimate with another person, to feel  
9 sensual, or to **orgasm**. This means 'sex' and having sex 'for the first time' can mean  
10 different things for different people. However you choose to think about it, the  
11 most important thing is that any sexual activity you take part in, both the first time  
12 and every time after that, is **consensual** and that you feel **happy** and **comfortable**.



## Staying safe

- 1 When someone decides to have sex it is important that they are **safe**. This means
- 2 reducing the risk of **pregnancy** and also any **sexually transmitted infections**. There
- 3 are a variety of different methods of **contraception** that you will learn about that
- 4 can help to reduce risks.

**Task 2:** Using your own knowledge match up the statements below:

1. No method of contraception is..	...they are put on incorrectly, come off of split during sex, or if oil-based lubricants are used.
2. Pregnancy is still possible..	...has no impact on the likelihood of pregnancy.
3. The withdrawal method is where a male having sex with a female, withdraws his penis before ejaculation to prevent pregnancy. This method...	...during menstruation (a period).
4. Condoms are less effective if...	... 100% effective. This means every time a heterosexual couple has sex, there is a small risk of pregnancy.
5. Condoms and other barrier methods can reduce...	...is unreliable, as there is a risk that sperm will be present in pre-ejaculation fluid, which can still lead to pregnancy.

6. Same-sex couples may not risk unplanned pregnancy but...	...does not affect the chance of pregnancy.
7. Sex with two condoms...	...still need to use protection to reduce the risk of STI transmission.
8. The sexual position....	...is less effective than using a single condom, as friction between them increases the risk the condoms with split.
9. Washing the vagina afterwards...	...still need to use protection to reduce the risk of STI transmission.
10. People can buy condoms and some other barrier contraceptives from...	...from sexual health clinics, GP surgeries, and some pharmacies.
11. Free contraceptives, including condoms are available..	... GPs and sexual health clinics for free, or from pharmacies (though sometimes people have to pay for this). Can be used up to 3-5 days after unprotected sex. IF someone is going away on holiday, they can pick up emergency contraception from a GP in advance, just in case.
12. If contraception fails (such as a condom splits while being used) people can get emergency contraception from...	...pharmacies, some corner shops and supermarkets, sometimes vending machines in public toilets (remembering it's important to check the contraceptive has a <b>kitemark</b> and its in date).



## Using a condom

- 1 A popular way of reducing the risk of **pregnancy** and **contracting STIs** is by using a
- 2 condom. Condoms are made of very thin latex and used to cover the penis during
- 3 sexual intercourse. It stops pregnancy by catching the sperm and stopping it from
- 4 meeting the egg.



**Watch me:** Condom demonstration

**Checking for understanding:** Fill in the blanks

### Before sex

- Check the \_\_\_\_\_ and \_\_\_\_\_ on the condom
- Open the packet by tearing from the \_\_\_\_\_ side
- Check the condom is the right way around
- Squeeze the \_\_\_\_\_ and roll the condom down the \_\_\_\_\_



### After sex

- Ensure the condom stays on when the penis is \_\_\_\_\_
- Remove condom from the base to ensure semen does not \_\_\_\_\_
- Wrap condom in tissue and dispose of it in the \_\_\_\_\_







expiry date	ridged	tip	base
withdrawn	safety mark	bin	leak



## Other types of contraceptive

- 1 There are some other types of contraceptive that are shown below. All will reduce
- 2 the risk of pregnancy but not all will reduce the risk of contracting an STI.
- 3 Contraceptive choices are entirely up to each individual and couple, it should be
- 4 discussed openly and honestly before any **sexual intercourse** takes place.

**Task 2:** Answer the questions below:

Contraception	Explanation
	<p>This is given to a female by a doctor or nurse once every 3 months. It stops an egg being produced each month. It also makes it harder for sperm to enter the uterus.</p>
	<p>A small tablet taken once a day by a female to prevent pregnancy. It works by stopping the body from releasing an egg each month. It can also reduce heavy periods.</p>
	<p>The contraceptive implant (Nexplanon) is a small flexible plastic rod that's placed under the skin in your upper arm by a doctor or nurse. It releases the hormone progestogen into your bloodstream to prevent pregnancy and lasts for 3 years.</p>
	<p>Made from soft, thin polyurethane. They are worn inside the vagina. A thin, rubbery band at the end is squeezed and inserted into the vagina. It prevents pregnancy by stopping the sperm from entering the uterus.</p>

**Task 3: Responding assertively.**

Read each statement and suggest how you might respond assertively

Statement	Assertive response
<i>'I'm on the pill, you don't need a condom'</i>	<hr/> <hr/> <hr/>
<i>'It doesn't feel as good if we use protection'</i>	<hr/> <hr/> <hr/>
<i>'Using protection interrupts everything'</i>	<hr/> <hr/> <hr/>
<i>'I guess you don't really trust me'</i>	<hr/> <hr/> <hr/>
<i>'We're both virgins so there aren't any risks'</i>	<hr/> <hr/> <hr/>
<i>'I'm allergic to latex so we can't use anything'</i>	<hr/> <hr/> <hr/>



### Learning Objectives

- To know some of the most common STIs, their symptoms and consequences
- Identify and explain contraceptive methods which provide some protection against STI infection



Silent and Solo

**Do Now: Answer the questions below:**

1. What name is given to methods to reduce the risk of pregnancy and STIs?

2. What must you check for on a condom?

3. What is joint enterprise?

4. 2 potential consequences of a criminal record

5. What is legal age for getting married in England and Wales?



## Sexually Transmitted Infections (STIs)

1 Infections and diseases can spread in many ways from person to  
2 person. Today, we will be looking at a specific class of infections called  
3 **sexually transmitted infections (STIs)**. An STI is an infection you may get  
4 when doing something sexual with another person, this can include  
5 both **penetrative** and **oral** sex. You can only contract an STI from  
6 someone who already has one. By using **contraception**, people can  
7 avoid contracting an STI. Sometimes, even though someone might  
8 have an STI they don't visit the doctor? **Reflect** for a moment on why  
9 this might be?



### What are the three main groups of STIs?

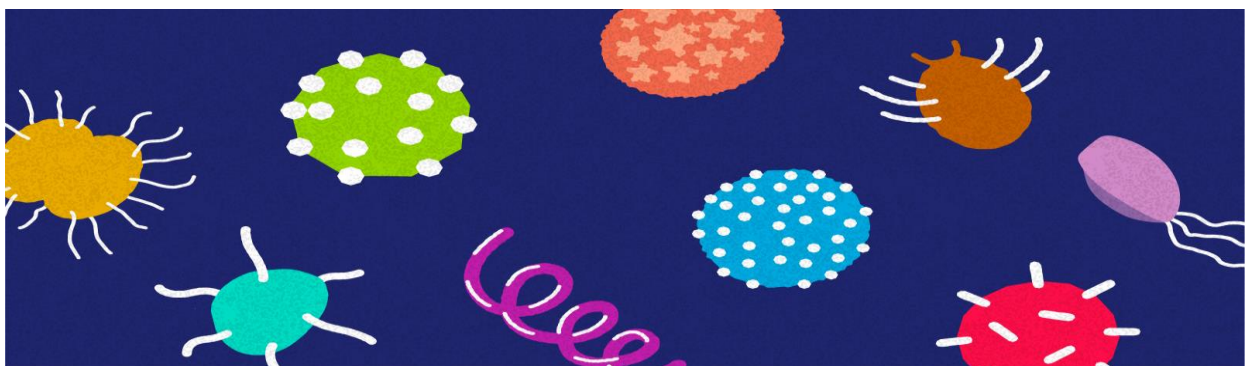
- 10 • **Bacterial STIs:** These are caused by bacterial infections that can be cured with  
11 antibiotics.
- 12 • **Viral STIs:** These are caused by viruses and cannot be cured, but the symptoms  
13 can be managed with medication.
- 14 • **Parasitic STIs:** These are caused by parasites and can be cured with medication.

15 There are many different types of STIs. Some estimates  
16 suggest that there are more than 30 different types of  
17 STIs that can be transmitted through sexual contact.



**Task 1:** Identify the correct STIs below. There are 11 in total.

1. Pubic Lice <input type="checkbox"/>	2. Vulvatic Culpubosis <input type="checkbox"/>	3. Venereal Disease <input type="checkbox"/>	4. Impotent Aperture <input type="checkbox"/>
5. Encrustations <input type="checkbox"/>	6. Chylamydia <input type="checkbox"/>	7. Testicular Incarceration <input type="checkbox"/>	8. Gonorrhea <input type="checkbox"/>
9. Scabies <input type="checkbox"/>	10. Willyrot <input type="checkbox"/>	11. Psoriais <input type="checkbox"/>	12. Acute Protuberances <input type="checkbox"/>
13. Herpes <input type="checkbox"/>	14. Discharge Detonation Disorder <input type="checkbox"/>	15. Syphilis <input type="checkbox"/>	16. Hemiptera <input type="checkbox"/>
17. HIV – Aids <input type="checkbox"/>	18. Cancerous Ovulation <input type="checkbox"/>	19. Chancroid <input type="checkbox"/>	20. Genital Warts <input type="checkbox"/>
21. Hepatitis B and C <input type="checkbox"/>	22. Haemorrhoids <input type="checkbox"/>	23. Corlingh Zhits <input type="checkbox"/>	24. Trichomoniasis <input type="checkbox"/>
25. Smear <input type="checkbox"/>	26. Ezma <input type="checkbox"/>	27. Vulvaritus <input type="checkbox"/>	28. Thrush <input type="checkbox"/>



**Task 2:** Using p31-33, find the information needed to complete the table below:

Find	Answer
a. Two STIs caused by a bacterial infection	1. ..... 2.
b. Two STIs that cannot be treated with an antibiotic	1. ..... 2.
c. <b>Challenge:</b> Suggest a reason why one of these cannot be treated with an antibiotic	
1. .....	
d. One STI that can usually be prevented by using a condom (but not always)	1.
e. Three STIs that might not always cause symptoms or may only show symptoms some of the time	1. ..... 2. ..... 3.
f. One STI that can only be diagnosed with a blood sample	1.
g. Three types of treatment that can be used to treat an STI	1. ..... 2. ..... 3.
h. <b>Challenge:</b> Find two STIs that share similar treatments. Are there any other similarities?	1. ..... 2.
i. The most common STI among young people in the UK	1.



Example of a home STI testing kit. Results are returned in the post and results can be received via a text message

**Task 3:** There are self-test kits available for some STIs:

- How do you think the availability of tests to do at home might affect rates of diagnosis?
- What effect do you think this might have on how many new infections there are?

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Visiting a sexual health clinic

- 1 • Visiting an STI clinic is like visiting any other doctor. Many of the procedures for
- 2 testing for STIs are non-intrusive and require taking a urine or blood sample,
- 3 although some include taking a swab from the genital area.
- 4 • Wanting to test for STIs demonstrates a safe and responsible attitude towards a
- 5 sexual relationship and shows respect.
- 6 • Professionals that work in STI clinics deal with these concerns every day and will
- 7 respond just as any other medical professional would.
- 8 • Information shared at an STI clinic is **confidential** so will not be shared with
- 9 anyone else (including the person’s GP and parents).
- 10 • Details on local STI clinics are easy to find online



## The Golden Rule







- 1 While there may be barriers to seeking help, our own health must take priority. The
- 2 golden rule that if anyone so much as suspects they could be at risk of an STI they
- 3 must stop having sex/sexual activity, get tested, and not have sex/sexual activity again
- 4 until they have the all-clear from the clinic.









**Reflection:** Oona has had unprotected sex at a party. The following day she wakes up worrying about what to do next. What would your advice be?







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## STI Information

Chlamydia and Gonorrhoea (Bacteria)	Syphilis (Bacteria)
<p><b>Common symptoms</b> It is common <b>not</b> to notice any symptoms but where present the following are most frequent:</p> <ul style="list-style-type: none"> <li>• Unusual discharge</li> <li>• Pain when urinating</li> <li>• Genital discomfort</li> <li>• Period changes</li> </ul>	<p><b>Common symptoms</b> Syphilis symptoms may appear and disappear but often include:</p> <ul style="list-style-type: none"> <li>• Highly infectious sores</li> <li>• Painless blotchy red rash</li> <li>• Flu-like illness</li> <li>• Patchy hair loss</li> </ul>
<p><b>Key Facts</b></p> <ul style="list-style-type: none"> <li>• Chlamydia is the most common STI amongst young people in the UK</li> <li>• Left untreated these infections can affect fertility</li> <li>• Self-test kits are available to use at home - they are freely available for many under 25s.</li> </ul>	<p><b>Key Facts</b></p> <ul style="list-style-type: none"> <li>• As well as contact with semen and vaginal fluid, this STI can also be passed on through close contact with sores which sometimes appear around the mouth.</li> <li>• Can cause serious damage to the heart, brain, eyes, bones and nerves if left untreated for a long time.</li> </ul>
<p><b>Prevention</b> If there are no sores, it can be prevented by condoms</p> 	<p><b>Prevention</b> If there are no sores, it can be prevented by condoms</p> 
<p><b>Diagnosis</b> Either urine or swab test (Including at home tests)</p> 	<p><b>Diagnosis</b> Medical inspection, swab tests and blood tests</p> 
<p><b>Treatment</b> Antibiotics</p> 	<p><b>Treatment</b> Antibiotic injection or antibiotic tablets</p> 

HIV (Virus)	Genital Warts (Virus)
<p><b>Common symptoms</b>            People with HIV may have no symptoms for a long time, often for 10 years or more, but most will experience some flu-like symptoms soon after infection. People who have symptoms and worry that these may be signs of HIV, may find they are just signs of cold or flu. But, if someone has been in higher risk situation, they should always get checked out.</p>	<p><b>Common symptoms</b>            During active stage - growth of highly contagious warts around the genital area and upper thighs - may be small or large, pink cauliflower-like lumps. Outbreaks can last weeks or years.            During dominant stage - there will be no symptoms.</p>
<p><b>Key Facts</b></p> <ul style="list-style-type: none"> <li>• This is the virus that causes AIDS. HIV attacks the body's immune system, leaving it vulnerable to illness</li> <li>• HIV is found in blood, semen vaginal fluid, and breast milk. Any activity that involves sharing these fluids could result in transmission of HIV. It cannot be transmitted through saliva</li> <li>• Home kits with finger prick blood tests are available.</li> </ul>	<p><b>Key Facts</b></p> <ul style="list-style-type: none"> <li>• Caused by a strain of the human papilloma virus (HPV)</li> <li>• There are many strains of HPV. Most are low risk; others are higher risk and increase cervical cancer risk - this is why there is a HPV vaccine given to young people.</li> </ul>
<p><b>Prevention</b>            Can be prevented by a condom</p> 	<p><b>Prevention</b>            Condoms offer some protection but it can still be passed on, HPV Vaccine offers some protection</p> 
<p><b>Diagnosis</b>            Blood tests (including at home tests)</p> 	<p><b>Diagnosis</b>            Medical inspection</p> 
<p><b>Treatment</b>            Tablet medication can treat HIV, but there is no cure currently</p> 	<p><b>Treatment</b>            Medicated cream or heating/freezing the wart</p> 



Genital Herpes (Virus)	Pubic lice (Parasite)
<p><b>Common symptoms</b> Flu-like symptoms, including fever, tiredness and swollen glands. Sensation of tingling in genital area or anal area and pain when urinating. Small fluid filled blisters around the genitals, buttocks or thighs which can take up to 10 days to heal.</p>	<p><b>Common symptoms</b> Itching in affected areas. Black powdery droppings in your underwear. Sky-blue spots or tiny specks of blood on the skin. Brown live eggs in pubic or other body hair. It can take a few weeks for symptoms to appear, so people sometimes don't notice they have pubic lice initially.</p>
<p><b>Key Facts</b></p> <ul style="list-style-type: none"> <li>• It's normally transmitted by sexual contact with genital sores or blisters although the virus can be passed on when there are no obvious symptoms.</li> <li>• Genital Herpes is caused by a similar virus to cold sores so if someone has a cold sore when performing oral sex, this can cause genital herpes.</li> </ul>	<p><b>Key Facts</b></p> <ul style="list-style-type: none"> <li>• Pubic lice can be caught through close contact and live on coarse hair, like pubic, chest, armpit or facial hair.</li> <li>• If there is evidence of pubic lice, as well as treating with medicated lotion/shampoo, clothes and bedding <b>must</b> have a hot wash</li> <li>• Hair removal does not prevent or treat infection.</li> </ul>
<p><b>Prevention</b> Condoms do offer some protection, but it can still be passed on</p> 	<p><b>Prevention</b> Condoms offer some protection but it can still be passed on, HPV Vaccine offers some protection</p> 
<p><b>Diagnosis</b> Medical inspection and swab test</p> 	<p><b>Diagnosis</b> Medical inspection</p> 
<p><b>Treatment</b> Antiviral medication</p> 	<p><b>Treatment</b> Medicated lotions and medical shampoo</p> 

## Learning Objectives

- To consider the impact of pornography on relationships



Silent and Solo

**Do Now: Answer the questions below**

1. Name 3 types of contraception

--	--	--

2. Name 3 STIs

--	--	--

3. What might prevent the spread of some STIs?

--

4. What is CSE?

--

5. Define the term stereotype

--



## What is pornography?

- 1 Pornography is a video or picture that's been designed to make
- 2 someone feel sexually aroused. In the UK, watching pornography
- 3 when you're under 18 isn't against the law, but it is illegal to buy
- 4 until you are 18. It is also illegal to:
  - 5 . Show pornography to a young person under 18
  - 6 . Send or receive naked images of a person under 18 – Even if they
  - 7 were taken and sent with their permission (**sexting**)
  - 8 . Anyone under 18 to take sexual videos of themselves or each
  - 9 other – Even if those involved have consented, it is classed as
  - 10 child abuse imagery.



British Values  
The Law



**Task 2:** Read the scenario below and answer the questions which follow:

No, he won't be there apparently! He's been grounded - told them he was doing homework then got caught watching porn in his room last night!

Ha! That's definitely the sort of homework I'd do!

You and me both! Don't know why they're so stressed about it though - everyone watches it and it doesn't do any harm. Everyone knows it's not real - just a bit of fun really!

a. To what extent is pornography harmful?

b. Is watching pornography harmful? If so, how, who and to whom?

**'A lot of it is actually just abuse'**

**58%** of young people aged 16-21 agreed that viewing pornography affects young people's behaviours towards one another.

**43%** of young people agreed with the statement 'Young people mainly view online pornography due to peer pressure or to fit in'.

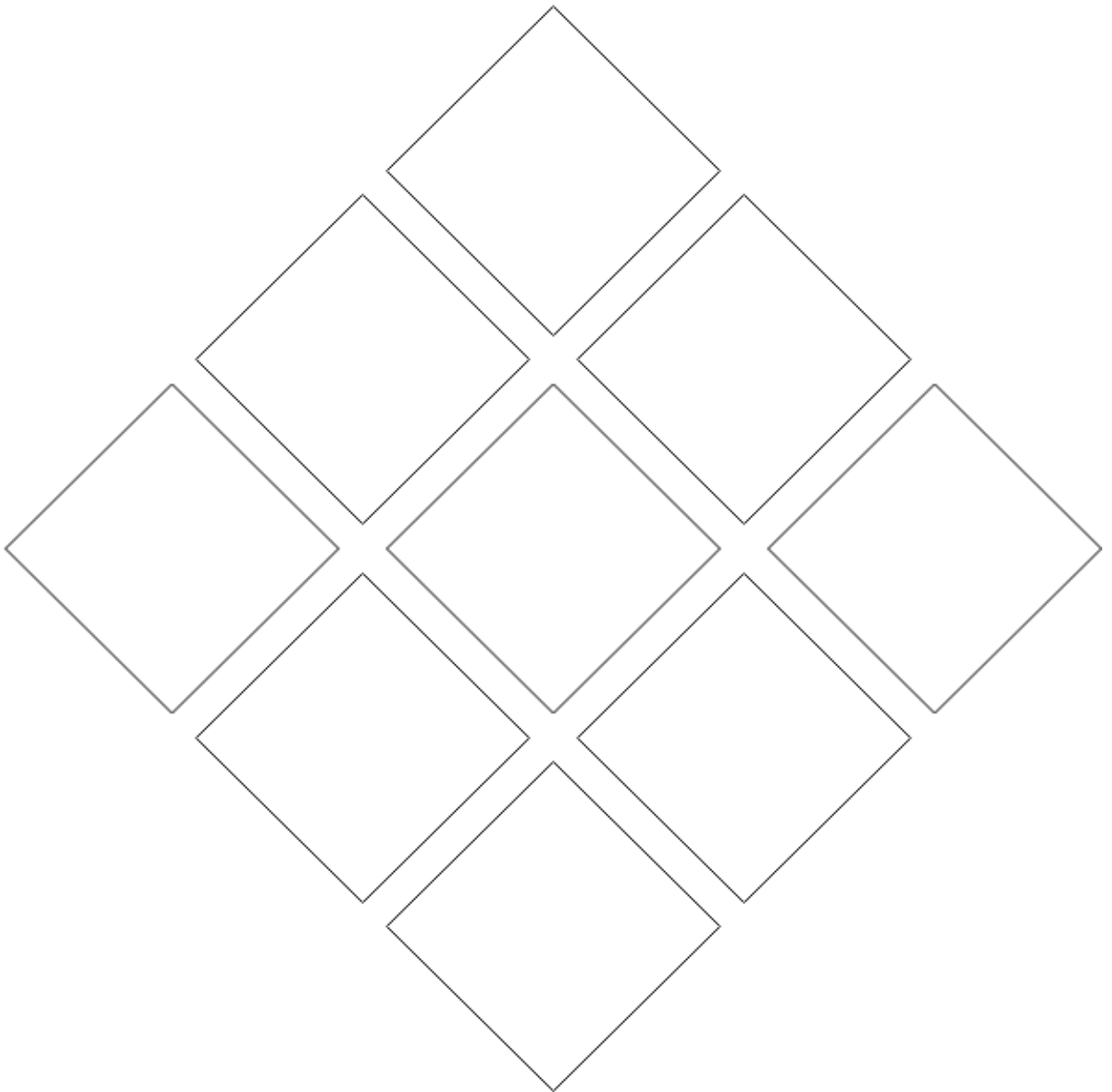
**'Especially if viewed at a young and impressionable age, young people can start to view their relationships through the lens of pornography'**

Taken from Children's Commissioner report February 2023



**Task 3: Why does it matter?**

Place the statements on p38 and write them in the diamond 9 shape. At the top should be the one you see as the most important impact pornography might have, working towards their 9<sup>th</sup> most important at the bottom of the diamond.



<p>1. When people watch lots of pornography it often makes them enjoy real sex less.</p>	<p>2. Watching lots of pornography often makes people feel less happy in their relationships.</p>
<p>3. Pornography can lead people to think about sex more often, making it harder to enjoy other interests and time with friends.</p>	<p>4. Pornography can lead to people seeing others, especially women, as 'objects for sex'.</p>
<p>5. People can develop an addiction to pornography and may have problems enjoying real sex.</p>	<p>6. Seeing bodies of people portrayed in pornography puts pressure on people to look at certain way and can affect their own <b>body image</b>.</p>
<p>7. People can feel under pressure to do things they or their partner have seen in porn, even if they might not want to.</p>	<p>8. Pornography never shows negotiated condom use. This means people think unsafe sex and not discussing contraception is the norm. <b>It's not!</b></p>
<p>9. There is lot of aggression and violence in pornography, often towards women. This can lead people to believe women enjoy aggressive sex, which can make them feel bad and hurt them.</p>	



## Positive, equal, sexual relationships

- 1 So far, we've focused on how watching a lot of
- 2 pornography can lead to problematic sexual
- 3 relationships. But it's important to be clear on what the
- 4 features would be of a positive, equal, sexual
- 5 relationship. This will help you to understand what you
- 6 want from your own relationships and will help you to spot any problems.



**Task 4:** Read the beginnings and ends of sentences below about positive sexual relationships. Match them up correctly and write them out in the space provided.

1. Both partners respect...	... the positions or how long they can last.
... in lots of different ways not just appearance.	2. The sex isn't about...
...each other and want the same things.	... feel good about themselves and comfortable with their partner.
3. Both partners want to have...	4. Both partners find each other attractive....
... sex and are happy with what they are doing.	5. It isn't only about sexual arousal. Both partners...

1.
2.
3.
4.
5.

**Reflection:** Imagine a young person is worried about their own use of pornography. What three pieces of advice would you given them?

1.

---

2.

---

3.

---



# ASSESSMENT

Define an intimate relationship

1.

Reasons why someone might decide to have an intimate relationship?

2.

3.

4.

What is the age of consent in the UK?

5.

Define consent

6.

Define assertiveness

7.

Give an example of being assertive in a relationship

8.

9.

Who cannot give consent?

10.

11.

12.

Pregnancy is still possible when on a period. True or false.

13.

Where are free contraceptives available?

14.

15.

What is abstinence?

16.

Why might someone choose to abstain from sex?
17.
18.
Same sex couples do not need to use contraception as there is no risk of pregnancy. True or false?
19.
What someone check before using a condom?
20.
21.
22.
Wearing two condoms makes it a more effective method of contraception. True or false?
23.
What thin material are condoms made from?
24.
Aside from condoms, what other forms of contraception are available to use?
25.
26.
What does STI stand for?
27.
Give an example of an STI
28.
What are the 3 main types of STI?
29. B
30. V
31. P

What can reduce the risk of contracting some STIs?

32.

Three types of treatment that can be used to treat an STI?

33.

34.

35.

One STI than can only be diagnosed with a blood sample?

36.

What is the most common type of STI in the UK?

37.

Information shared at an STI clinic must be kept confidential. What does this mean?

38.

The HPV vaccine reduces some risk against which STI

39.

Is it legal to send or receive a picture of someone under 18 if they consent to this?

40.

Under what age is it illegal to show someone pornography?

41.

Why is pornography harmful?

42.

43.

44.

45.

3 signs of a healthy intimate relationship			
46.			
47.			
48.			
2 signs of an unhealthy intimate relationship			
49.			
50.			
Total		%	

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# Additional Information – Condom demonstration

## HOW TO USE A CONDOM

Did you know? If condoms are used correctly, they are the only form of contraception that can reduce the risk of sexually transmitted infections.

### STEP 1



Get ready – as soon as the penis gets hard, and before the penis touches the other person, it's time to put the condom on.

Tear the packet from the serrated zigzag edge and remove the condom. Handle the condom carefully as it can be damaged by things like sharp nails, jewellery and body piercings.

**Always check the expiration date on the wrapper – preferably before you're ready to use it.**

### STEP 3



Squeeze the teat with your fingers so that there's no air trapped inside, then place the condom over the head of the completely hard penis.

**The condom may split if air is trapped inside.**

### STEP 5

You're now ready to go.

Check the condom is in place, now and again, and if it rolls up during your activity, just roll it back down. If it comes off, you need to stop what you're doing and put a new condom on.

**Never use oil-based lubricants with condoms – like baby oil or coconut oil – as these can make them break.**

### STEP 2

The condom can only easily roll on in one direction so you need to make sure the condom is the right way up.

**The roll should be on the outside, not the inside.**

### STEP 4

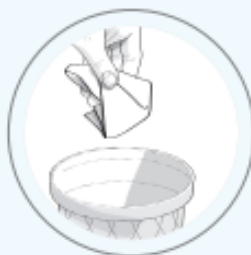


If the penis is uncircumcised, pull back the foreskin first. Then, keep one hand at the head of the penis with the teat of the condom between your forefinger and thumb.

Use the other hand to roll the condom on all the way down the shaft to the base.

**If the condom will not unroll, it is probably on inside out – start again with a new condom, as there may be sperm on it.**

### STEP 6



Remove the condom soon after ejaculation. Hold it firmly at the base of the penis, while it is still erect and before withdrawal, so that it doesn't slip off.

Take the condom off once the penis is completely withdrawn then wrap in a tissue and put it in the bin.

**Don't flush condoms down the toilet.**



# Additional Information – Different methods of contraception and effectiveness

	Barrier methods: stop sexual fluids being transferred between partners (and some protect against STIs, too).		Hormonal methods: synthetic versions of the hormones oestrogen and/or progesterone disrupt the process that leads to pregnancy. Some hormonal methods can help if you have heavy or painful periods, or if you struggle with acne.										Other methods				
	External condoms	Internal condoms	Diaphragms and caps	Combined pill	Progestogen-only pill (mini pill or POP)	Contraceptive implant	Contraceptive injection	Contraceptive patch	Contraceptive vaginal ring	Hormonal coil (LNG-IUD or Mirena)	Non-hormonal coil (copper coil or Cu-IUD)	Fertility awareness methods	Sterilisation				
	98%	95%	92-99%	99%	99%	99%	99%	99%	99%	99%	99%	75-99%	99%				
Effectiveness (without mistakes)	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Also protects against STIs	✗	✓	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗
May help with heavy periods	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
Lasts for months or years	✓	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✓	✗	✗	✗	✗
Widely available	✓	✓	✗	✗	✗	✓	✓	✗	✗	✓	✓	✓	✗	✗	✗	✗	✗
Hormone free	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗
Can control when your period is	✗	✗	✗	✓	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗
Can improve skin appearance	✗	✗	✗	✓	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗

You might have to try a few different methods to find one that suits you and your lifestyle.

You may also want to consider changing your method as your needs and body change throughout your life.

## Where can you find support?

Remember, if you are concerned or have questions, there is always someone you can speak to.

At Longsands Academy, we are a Telling School. If you are experiencing any issues or problems either in or out of school, you can speak to your tutor, head of year or other trusted member of staff or email: [tellus@astrea-Longsands.org](mailto:tellus@astrea-Longsands.org) or [itstopsnow@astrea-longsands.org](mailto:itstopsnow@astrea-longsands.org)

- For accurate, reliable health information, visit [www.nhs.uk](http://www.nhs.uk)
- For support around mental health, visit Young Minds at [www.youngminds.org.uk](http://www.youngminds.org.uk) For help, text SHOUT to 85258 or call
- For advice on drugs, their effects and the law, visit [talktofrank.com](http://talktofrank.com)
- For advice on a range of issues from bullying, mental health, relationships and more contact Childline [www.childline.org.uk](http://www.childline.org.uk) 0800 1111
- If you are worried about online abuse or the way someone is communicating, you can contact CEOP: <https://www.ceop.police.uk/Safety-Centre/>
- If you want to report a crime anonymously you can contact Crimestoppers on 0800 555 111
- You can also report concerns directly to the police by calling 101 or 999 in the case of an emergency



**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111



**CrimeStoppers.**  
**0800 555 111**  
100% anonymous. Always.

